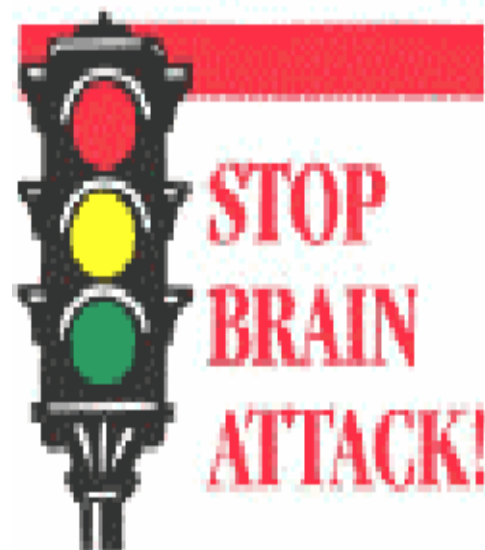


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*What You
Need to
Know about
Stroke*

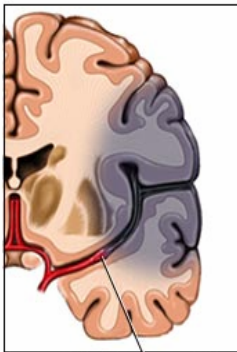
What is a Stroke?

Generally, a stroke is an interruption of blood flow to the brain

This can happen in two ways:

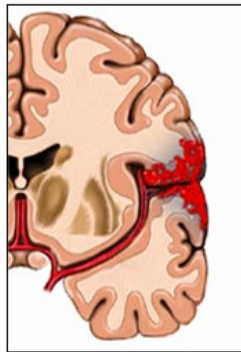
- 1) a clot that blocks a blood vessel (like a heart attack in the brain) - ischemic stroke
- 2) a blood vessel in the brain that bursts - hemorrhagic stroke

Ischemic stroke



A clot blocks blood flow to an area of the brain

Hemorrhagic stroke



Bleeding occurs inside or around brain tissue

- **If the brain does not get blood, brain cells die**
- When brain cells die, the stroke victim will have difficulty with certain brain and body functions

Transition to the Community

Discover your pathway to recovery

- Work together with your caregiver(s) to achieve independence at home or at work
- Maintain contact with your primary care physician and schedule visit within 1 month of discharge from inpatient rehabilitation
- Continue home exercise if recommended to prevent falls, learned non-use, and another stroke
- Try to continue the things you enjoyed before the stroke—build up gradually!
- Develop a support system in your community, church, family, or work

How to Prevent a Second Stroke

- Quit Smoking
- Take medicines properly to control blood pressure and sugar
- If necessary, take blood thinners or aspirin as directed
- Exercise as recommended
- Visit primary care physician as recommended

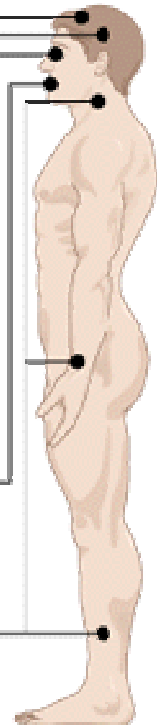


Stroke Symptoms

If you have a TIA or stroke,
you are at risk for:

Warning signs

- ▶ Sudden, severe headache with no known cause.
- ▶ Unexplained dizziness, unsteadiness or sudden falls, especially with any of the other signs.
- ▶ Sudden dimness or loss of vision, particularly in one eye.
- ▶ Sudden difficulty speaking or trouble understanding speech.
- ▶ Sudden weakness or numbness of the face, arm or leg on one side of the body.



Source: *Journal of the
American Medical Association*

The Cincinnati Enquirer

Common Problems after Stroke

- Aphasia/Dysarthria—trouble speaking or understanding:
- Dysphagia— difficulty swallowing
- Bladder/bowel incontinence
- Trouble seeing
- Sleep disturbances
- Numbness, tingling in the arms/legs
- Spasticity—tightness in your affected side
- Weakness in your affected side
- Pain
- Depression

Be Smart!

- Limit alcohol intake (\leq 1 drink per day (women), 2 drinks per day (men))
- 1 drink = 12oz. Beer, or 4oz. Glass of wine or 1oz. Liquor
- Do not use drugs including heroin, cocaine, or marijuana



What Can You Do?

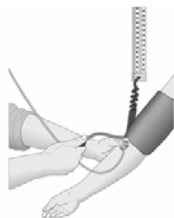
- **Know your numbers !**

Cholesterol- LDL <100,
HDL >40

Blood Pressure \leq 120/80

Blood Sugar - \leq 100

- Eat a healthy DIET to decrease cholesterol, maintain blood pressure, and blood sugar
- Take medications as prescribed
- Control diabetes by checking blood sugar daily
- Maintain an active lifestyle by moving more, and sitting less



Risk Factors for Stroke

- **Modifiable** risk factors are risk factors which you, YOURSELF, can do something about including,
 - * Smoking
 - * High Cholesterol
 - * High Blood Pressure
 - * Poor Diet
 - * Diabetes
 - * Low Activity Level
- Some risk factors are **unchangeable** such as,
 - * Age
 - * Gender
 - * Race
 - * Family History
 - * Genetic Disease
 - * Prior stroke/heart attack